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13. The method of claim 11 wherein the positioning step includes positioning a foot on said rest member.

14. The method of claim 11 wherein the positioning step includes positioning an arm on said rest member.

15. The method of claim 11 further including the step of expanding said rest member by a compressor.

~~16. The method of fabricating apparatus for supporting a body part comprising the steps of:~~

(a) providing a platform configured to said body part;

and

17. The method of claim 16 further including the step attaching a bellows to said platform to serve as said expandable member.

18. The method of claim 17 further including the step of providing means for inflating said bellows.

19. The method of claim 18 further including the step of providing a valve for inflating said expandable member.

20. The method of claim 19 further including the step of providing means for attaching a compressor to said valve.

21. A system for assisting persons into adopting a reclined position from a sitting position, comprising a surface upon which a person is to recline; and means for transferring the person to said surface, comprising means for elevating a lower limb of said person to a level permitting the transfer of said person to said surface with said lower limb in a reclined position.

22. A system as defined in claim 21 wherein said surface comprises a bed.

23. A system as defined in claim 22 wherein said bed includes a mattress.

24. A system as defined in claim 21 wherein the means for transferring is positioned on a platform.

25. A system as defined in claim 24 further including a support for said lower limb.

26. A system as defined in claim 25 further including means for elevating said support with respect to said platform.

27. A system as defined in claim 26 wherein said means for elevating elevates said support and permits the transfer of said lower limb to said surface.

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28. A system as defined in claim 27 wherein said support is depressible to the vicinity of said platform after said lower limb has been transferred.

29. A system as defined in claim 28 wherein said elevating means is switch-actuatable.

30. A system as defined in claim 29 wherein said elevating means is selected from the class of manually and automatically powered devices.

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31. A method for assisting persons into adopting a reclined position on an elevated surface comprising the steps of:

(a) Positioning a person's lower limb on means for elevating said lower limb;

(b) Elevating said lower limb; and

(c) Transferring said lower limb to said elevated surface.

32. A method as defined in claim 31 wherein said means for elevating said lower limb adjoins said elevated surface.

33. A method as defined in claim 31 wherein said person is wheeled to said means for elevating said lower limb and the foot of said lower limb is positioned thereon.

34. A method as defined in claim 31 wherein said lower limb is elevated to substantially the level of said elevated surface.

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35. A method as defined in claim 34 wherein said disabled lower limb is transferred to said elevated surface such that said person can adopt a reclined position.

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